

Outdoor & Woodland Learning Activity Sheet

Activity:	Feeling Gauge											
Habitat:	All			Season:	S	✓	S	✓	A	✓	W	✓

Level	
Early	✓
First	✓
Second	✓
Third and Fourth	
Senior Phase	

Curriculum topics			
Expressive Arts		Health and Wellbeing	✓
Languages	✓	Mathematics	
Religious & Moral Ed		Sciences	
Social Studies	✓	Technology	

Equipment*	
Inside Out character cards	

Time
5-10 Minutes

Key outcomes
Get in touch with how we are feeling
Encouraging us to express ourselves

*Items depicted in bold are available from CALLP

Activity description
<p>Based on the children’s film “Inside Out”. Discuss each character and their emotion, what the word means and different ways and sensations that express that feeling.</p> <p>In turn, each card is held up. For each card, standing up, everyone uses their hand as a gauge to communicate the amount of that emotion we are feeling in that moment. The higher we hold our hand the more intense we are feeling that emotion, the lower our hand the less we are feeling that emotion. Can then offer the opportunity for people to share what they are feeling and why if they are comfortable doing so and wish to share.</p> <p>A handy activity to begin with at the start of a regular session.</p>

Notes
<p>Inside Out characters are affiliated with Disney Pixar, and the copyright remains with them. These character cards are used within context of being associated with the film (which the majority of young people are familiar with).</p>

SADNESS



JOY



ANGER



DISGUST



FEAR



Disney Pixar
**INSIDE
OUT**